

Sheila Power

“It's a test of ultimate will, The heartbreak climb uphill
Got to pick up the pace, If you want to stay in the race
More than just blind ambition, More than just simple greed
More than just a finish line, Must feed this burning need”
~ Neil Pert

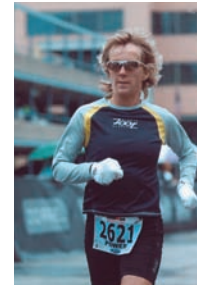
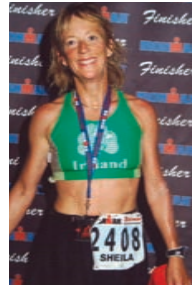
PROFILE

Sheila Power
Duathlete/Triathlete

1301 South Whitney Way
Madison, Wisconsin

(608) 469-5800
sileirl@tds.net

www.SheilaPower.com



EDUCATION

CARROLL COLLEGE Masters in Health Education, Enrolled 2003

Wisconsin Realtor's and Broker's Licenses, October 2002

UNIVERSITY COLLEGE DUBLIN, Bachelor of Arts in Psychology & Philosophy, 1983

PROFESSIONAL



Restaino & Associates

Realtor, Broker, GRI, ABR, CRS

2002—Present

- ⇨ Grand Master of Real Estate 2007 Top Producer Award
- ⇨ Grand Master of Real Estate 2006 Top Producer Award
- ⇨ Grand Master of Real Estate 2005 Top Producer Award
- ⇨ Grand Master of Real Estate 2004 Top Producer Award

Parts Now

National/Major Account Executive

1991—2001

- ⇨ Top 10 in Sales Production

Penncorp Financial Group

Sales Representative – Special Services Division

1997—2001

- ⇨ Regional Presidents Club winner three consecutive years for exemplary sales production

HIGHLIGHTS



ITU World Long Course Duathlon Championships, Geel, BELGIUM 2008

- ⇨ Silver Medal Winner

ITU World Powerman Duathlon Championships, Zofingen SWITZERLAND 2007

- ⇨ World Champion, Gold Medal Winner

Midwest Triathlon Championships 2007, 5 Star Series

- ⇨ 4th Overall female

USAT National Duathlon Championships 2007

- ⇨ Silver Medal Winner, Females 45-49

HIGHLIGHTS (continued)

POWERMAN 2006



ITU World Short Course Duathlon Championships, Gyor, HUNGARY 2007

⇒ Finished, 9th Females 45-49

Inaugural Ironman Wisconsin Triathlon 2006

⇒ Finished 8th out of 68, Females 45-49

ITU World Powerman Duathlon Championships, Zofingen, SWITZERLAND, 2006

⇒ Silver Medal Winner

ITU World Short Course Duathlon Championships, Cornerbrook, NEW FOUNDLAND 2006

⇒ Finished 6th, Females 45-49

ITU Long Distance Duathlon World Championships, Barcis ITALY 2005

⇒ Bronze Medal Winner

ITU World Powerman Duathlon Championships, Zofingen SWITZERLAND 2005

⇒ World Champion Gold Medal Winner

ITU Long Distance Duathlon World Championships, Fredericia DENMARK 2004

⇒ World Champion Gold Medal Winner

Annapurna 100k Run, NEPAL 2000

⇒ 1st Female Winner, 12th Overall

Midwest Events, 1999

⇒ Master of the Year Award

INTERNATIONAL



2008 World Long Course Duathlon Championships, Geel, BELGIUM

18k run 75k bike 11k run

⇒ Time: 04.47.00

⇒ Finished 2nd, Females 50-54

2007 World Powerman Duathlon Championships, Zofingen, SWITZERLAND

10k run, 150k bike, 30k run

⇒ Time: 09.13.32

⇒ Finished 1st, Females 45-49

2007 Hell of the West Triathlon, Kilkee, County Clare, IRELAND

1.5k swim, 45k bike, 10k run

⇒ Finished 3rd, Females 45-49

⇒ Luggage lost, borrowed equipment!



2007 World Powerman Duathlon Championships, Gyor, HUNGARY

10k run, 40k bike, 5k run

⇒ Finished 9th, 21 females 45-49

2006 World Powerman Duathlon Championships, Zofingen, SWITZERLAND

10k run, 150k bike, 30k run

⇒ Silver Medal Winner

2006 World Powerman Duathlon, Championships, Cornerbrook, NEW FOUNDLAND

10k run, 150k bike, 30k run

⇒ Finished 6th, Females 45-49

2006 World Long Course Duathlon Championships, Fredericia, DENMARK

20k run, 120k bike

⇒ Finished 6th, Females 45-49

2006 Hell of the West Triathlon, Kilkee, County Clare, IRELAND

1.5 k swim, 45 k bike, 10k run

⇒ Finished 1st, Females 45-49



2005 World Powerman Duathlon Championships, Zofingen, SWITZERLAND

10k run, 150k cycle, 30k run

⇒ Time: 09.00.41

⇒ World Champion Gold Medal, 1st Female 45-49

INTERNATIONAL (continued)

2005 ITU Long Distance Duathlon World Championships Barcis, Pordenone ITALY

16.5k run, 90k bike, 11k run
 ⇨ Time: 05.27.14
 ⇨ Finished 3rd (Bronze Medal), Female 45-49



2004 ITU Long Distance Duathlon World Championships Fredericia DENMARK

20.6k run, 121k cycle, 10k run
 ⇨ Time: 06.38.51
 ⇨ World Champion Gold Medal, 1st Female 45-49 (9th Female Overall)

2004 ITU World Duathlon Championships Geel BELGIUM

10k run, 40k cycle, 5k run
 ⇨ Time: 02.23.47
 ⇨ Finished 6th, Female 40-44



2003 ITU World Duathlon Championships Affoltern SWITZERLAND

10k run, 4k cycle, 5k run
 ⇨ Time: 02.59.00
 ⇨ Finished 10th, Female 40-44 (17 female DNF in age group due to weather!)

2002 ITU World Duathlon Championships Alpharetta, Georgia USA

10k run, 40k cycle, 5k run
 ⇨ Time: 02.32.06
 ⇨ Finished 19th, Female 40-44

2002 World Powerman Duathlon Championships Weyer, Grossraming AUSTRIA

16k run, 76k cycle, 7k run
 ⇨ Time: 04.59.00
 ⇨ Finished 4th, Female 40-44



2001 ITU World Duathlon Championships Rimini ITALY

10k run, 40k cycle, 5k run
 ⇨ Time:
 ⇨ Finished 6th, Female 40-44 (1st American Female)

2001 World Triathlon Championship (Represented Team Ireland) Edmonton CANADA

1500m swim, 40k cycle, 10k run
 ⇨ Time: 02.45.17
 ⇨ Finished 42nd, Female 40-44

2001 National Home Countries Triathlon (Selected & Represented Team Ireland) Wales, British Isles

Olympic Distance (1500m Swim 40k Bike 10k Run)
 ⇨ Finished 4th, Team

2001 Irish Triathlon Championships Dublin IRELAND

1500 m swim, 40k cycle, 10k run
 ⇨ Finished 1st, Female 40-44

2000 World Triathlon Championship Perth AUSTRALIA

Olympic Distance (1500m Swim 40k Bike 10k Run)
 ⇨ Qualified, Team USA (unable to compete due to injury)

2000 World Duathlon Championship Finisher Calais FRANCE

10 km run, 40 km cycle, 5 km run
 ⇨ Finished 2nd, American Female's Master (8th Female 40-44)

“Success means having the courage, the determination, and the will to become the person you believe you were meant to be.”

~ George Sheehan

IRONMAN TRIATHLONS



2006 Inaugural Ironman Wisconsin
Triathlon, Madison, Wisconsin, USA

2.4 mile swim 112k bike 26.2 mile run
⌚ Time: 13:15:36
⌚ Finished 8th/64 Females 45-49



2005 Inaugural Ironman Wisconsin
Triathlon Madison, Wisconsin USA

2.4 mile swim, 112 mile cycle, 26.2 mile run
⌚ Time: 08:14:00 (swim & cycle only)
⌚ Unable to complete marathon
due to torn Achilles

2004 Inaugural Ironman Wisconsin
Triathlon Madison, Wisconsin USA

2.4 mile swim, 112 mile cycle, 26.2 mile run
⌚ Time: 12:46:46

2002 Inaugural Ironman Wisconsin
Triathlon Madison, Wisconsin USA

2.4 mile swim, 112 mile cycle, 26.2 mile run
⌚ Time: 12:47:48

2000 Inaugural Ironman Lake Placid
Triathlon Lake Placid, New York USA

2.4 mile swim, 112 mile cycle, 26.2 mile run
⌚ Time: 12:50:43


“Dictionary is the only place that success comes before work.

Hard work is the price we must pay for success.

I think you can accomplish anything if you're willing to pay the price.”




~Vince Lombardi

MARATHONS

2000 Syttenda Mai	20 mile run ⌚ Time: 02.26.46 ⌚ Finished 2nd, Female 40-44
2000 Annapurna 100k Run Pokhara NEPAL	100 km run (3,000 to 10,000 feet elevation) ⌚ Time: 16.59.00 ⌚ Finished 1st, Female (12th Overall)
1999 Madison Half Marathon Madison, Wisconsin USA	⌚ Time: 01.30.02 ⌚ Finished 1st, Female 40-44
1999 Dublin City Marathon Dublin IRELAND	26.2 mile run ⌚ Time: 03.24.00 ⌚ Finished
1998 Dublin City Marathon Dublin IRELAND	26.2 mile run ⌚ Time: 03.34.00 ⌚ Finished
1996 Boston Marathon Boston, Massachusetts USA	26.2 mile run ⌚ Time: 03.38.00 ⌚ Finished
 2621 POWER JANUS Ford HSBC	1996 New York Marathon New York, New York USA 26.2 mile run ⌚ Time: 03.47.23 ⌚ Finished

“A competitor will find a way to win.
Competitors take bad breaks and use them to drive themselves just that much harder.
Quitters take bad breaks and use them as reasons to give up.
It's all a matter of pride.”
~ Nancy Lopez

OTHER ATHLETICS (Local & National)

2008 Spirit of Racine Half Ironman, Racine, WI	1.2 mile Swim, 56 mile Bike, 13.1 mile run ⇨ 1st Place Female 50-54 ⇨ Time: 5.15.27
2008 Pewaukee Sprint Triathlon, Pewaukee, WI	2 mile Run, 18 mile Bike, 5k Run ⇨ 2nd Place Female 45-49 ⇨ Time: 1.30.31
2008 High Cliff Half Ironman Triathlon, Sherwood, WI	1.2 mile Swim, 56 mile Bike, 13.1 mile Run ⇨ 3rd Place Female 45-49 ⇨ Time: 5.39.37
2008 USAT Capital View Olympic Distance Triathlon, Madison, WI	.9 mile Swim, 40k Bike, 10k Run ⇨ 2nd Place Female 50-54 ⇨ Time: 2.52.55
 2007 Oshkosh Olympic Distance Triathlon Oshkosh Wisconsin USA	.9k swim, 28.9 bike, 6.2k run ⇨ 1st place, Female 45-49 ⇨ Participant Team "Headhunters" 2nd place also
 2007 National Duathlon Championships Mason, Ohio	10k run, 40k bike, 5k run ⇨ Time: 2:29:05 ⇨ 2nd place, female 45-49
2007 USAT Spirit of Racine Half Ironman Triathlon	1.2k swim, 56k bike, 13.1k run ⇨ Time: 5:19:02 ⇨ 2nd place, female 45-49
2007 USAT Elkhart Lake Olympic Distance Triathlon	.9k swim, 40k bike, 10k run ⇨ Time: 2:47:59 ⇨ 2nd place, female 45-49
 2007 High Cliff Half Ironman Triathlon	1.2k swim, 56k bike, 13.1 run ⇨ Time: 5:30:31 ⇨ 2nd place, female 45-49
2007 USAT Verona Triterium Olympic Distance Triathlon	.9k swim, 40k bike, 10 run ⇨ Time: 2:54:25 ⇨ 2nd place, female 45-49
2007 Lake Mills Sprint Triathlon	1/4 mile swim, 15 mile bike, 3.1 mile run ⇨ Time: 1:20:33 ⇨ 2nd place, female 45-49
2007 Paper Discovery Duathlon	3.1k run, 22k bike, 3.1k run ⇨ Time: 2:03:44 ⇨ 1st place, female 45-49
2007 Coulee Region Duathlon	3 mile run, 17 mile bike, 3 mile run ⇨ Time: 1:44:15 ⇨ 2nd place, female 45-49
2006 USAT Pewaukee Sprint Triathlon	3k run, 17k bike, 3k run ⇨ Time: 1:20:04 ⇨ 3rd female 45-49
2006 USAT Elkhart Lake Olympic Dist Triathlon	9k swim, 40k bike, 10k run ⇨ Time: 2:53:22 ⇨ 1st place, female 45-49

OTHER ATHLETICS (Local & National continued)

2006 Lake Mills Sprint Triathlon
 1/4 mile swim, 15 mile bike, 3.1 mile run
 ⇨ Time: 1:43:19
 ⇨ 2nd place, female 45-49

2006 Coulee Duathlon, Onalaska, WI USA
 3 mile run, 17 mile bike, 3 mile run
 ⇨ Time: 1:43:19
 ⇨ 2nd place, female 45-49



2005 Wisconsin Triterium Triathlon
 Olympic Distance
 1.5k swim, 40k bike, 10k run
 ⇨ 1st place, female 45-49

2005 Lake Mills Triathlon
 Lake Mills, Wisconsin USA
 1/4 mile swim, 15 mile bike, 5k run
 ⇨ 2nd place, female Masters 45-49



2004 Wisconsin Triterium Triathlon
 Olympic Distance
 ⇨ Time: 02:32:04
 ⇨ Finished 2nd, Female 45-49

2003 Wisconsin Triterium Triathlon
 Olympic Distance
 ⇨ Finished 3rd, Female 40-44



2003 Desert Lake Triathlon
 Palm Springs, California USA
 ⇨ Finished 3rd, Female 40-44

2003 Madison Classic Triathlon Long
 Course
 Madison, Wisconsin USA
 ⇨ Finished 1st, Female 40-44



2002 Elkhart Lake International Triathlon
 Elkhart Lake, Illinois USA
 1500m swim, 40k cycle, 10k run
 ⇨ Finished 3rd, Female 40-44

2002 Elkhart Lake October FAST Duathlon
 Elkhart Lake, Illinois USA
 ⇨ Finished 1st, Female 40-44

2000 Elkhart Lake International Triathlon
 Elkhart Lake, Illinois USA
 1500m swim, 40k cycle, 10k run
 ⇨ Finished 1st, Female 40-44

2000 Duathlon World Championship
 10 km run, 40 km cycle, 5 km run
 ⇨ Finished 8th, Female 40-44

2000 Dannon Duathlon Championship Series
 Chicago (Naperville), Illinois USA
 5 km run, 30 km cycle, 5 km run
 ⇨ Finished 2nd, Female 40-44

OTHER ATHLETICS (Local & National continued)

2000 Castle Rock Triathlon
Friendship, Wisconsin USA

⇨ Time: 01.20.41
⇨ Finished 2nd, Female 40-44



2000 USA Eastern Region Duathlon Championship
Columbus, Ohio USA

⇨ Finished 3rd (Bronze Medalist),
Female 40-44

2000 Madison Triathlon Classic Long
Course Madison, Wisconsin USA

⇨ Finished 1st, Female 40-44



2000 US Triathlon Series
Madison, Wisconsin USA

1500 m swim, 40 km cycle, 10 km run
⇨ Finished Masters Division Winner

1999 Devils Challenge Triathlon

⇨ Finished Masters Division Winner,
Female 40-44

1999 WTC Lake Monona Run

20 km
⇨ Time: 01.32.00
⇨ Finished 2nd, Female 40-49
(29th Overall)



1999 UWSM Triathlon

⇨ Time: 01.23.06
⇨ Finished 2nd, Female 40-44
(12th Overall Female)

1999 USA Triathlon National Championship
St. Josephs, Missouri USA

1.5 km swim, 40 km cycle, 10 km run
⇨ Time: 02.39.12
⇨ Finished 19th, Female 40-44

1999 Meriter Nurses' Run
Madison, Wisconsin USA

10k run
⇨ Time: 00.42.40
⇨ Finished 1st, Female 40-49
(59th Overall)

1999 Janesville Family YMCA Biathlon
Janesville, Wisconsin USA

⇨ Time: 01.19.50
⇨ Finished 1st, Female 40-44 (5th
Female, 59th Overall)

1999 Galena Duathlon

2 mile run, 18 mile cycle, 4 mile run
⇨ Time: 01.40.40
⇨ Finished 1st, Female 40-44

1999 Beloit Wellness Biathlon

2 mile run, 12 mile cycle, 2 mile run
⇨ Time: 00.56.43
⇨ Finished 1st, Female 40-49
(7th Female, 51st Overall)

“When I dare to be powerful - to use my strength in the service of my vision,
then it becomes less and less important whether I am afraid.”

~Audre Lorde

OTHER ATHLETICS (Local & National continued)

1999 5th Annual South Wood County YMCA Individual Triathlon	¼ mile swim, 15.3 mile cycle, 3.7 mile run ⇒ Time: 01.22.55 ⇒ Finished 1st, Female 40-44
1999 Castle Rock Triathlon	⇒ Finished 1st, Female 40-44
<hr/>	
1998 Madison Triathlon Classic Long Course Madison, Wisconsin USA	⇒ Finished 1st, Female 35-39

MEDIA



2001 Wisconsin Women
⇒ Need a little inspiration? Women
who win

⇒

“Whether you’re looking to push yourself to the next level of fitness, or if you’re just out on the track or field for fun, these women will inspire you.”

“Power has uncommon strength.”

2000 Wisconsin State Journal, Break Away
⇒ X-ercise Files: Sheila Power

“Sheila Power ... recently won a 100K running race in the Himalayas, in spite of three broken ribs.”

2001 Wisconsin Women
⇒ Clare athlete Powers to victory in
world duathlon championships

“The LATEST Clare athlete hitting the headlines at international level is Sheila Power.”